



# Caregiver Corner

City of Alexandria  
Division of Aging and Adult Services

*Let's not forget to fight for those who can't remember. ~ The Fresh Quotes*

## Caregiver Tip: Recognize Symptoms of Common Medical Problems

Individuals with memory loss may forget how to perform daily tasks and are not always able to share their needs. This can present a problem in treating underlying medical conditions. For instance, forgetting how to swallow may lead to dehydration. Therefore, the National Institute on Aging has documented the following common symptoms that will help caregivers spot possible medical issues.

- Fever
- Flu and pneumonia
- Falls
- Dehydration
- Constipation/Diarrhea
- Incontinence
- Dental problems

**Caregiver Support Group**  
**Wednesday,**  
**February 6, 2019**  
**4-5:30 p.m. at the**  
**Alexandria Adult Day**  
**Services Center**

To learn how to recognize symptoms of medical problems download, [Caring for a Person with Alzheimer's Disease by the National Institute on Aging.](#)

## Resources:

### Tax Preparation Assistance:

- The Department of Community & Human Services at 2525 Mount Vernon Avenue provides tax preparation assistance to eligible residents from February 2-April 13. Call 703.746.5700 for more information.
- [Discovery and Collections](#) at 301 King Street is also assisting taxpayers with filing Virginia State Income Tax returns. Call 703.746.3909 for more information.

### New to Medicare Presentations:

Learn the basics of Medicare coverage and choices February 7, 3 –5 p.m., 4480 King Street. To RSVP call 703.746.5999 or email VICAP @alexandriava.gov.

---

For questions, comments or to remove your name from our mailing list, please email  
DAAS@alexandriava.gov or call 703.746.5999.



A publication of the  
City of Alexandria  
Department of Community and Human Services  
Division of Aging and Adult Services

February 2019